



# AQUATIC REGISTRATION & LESSON GUIDELINES



## registration

- Based on American Red Cross Learn to Swim Program, each child must be the required minimum/maximum age on the first day of each session. **Unfortunately the age requirement is not negotiable.**
- For the first session your child participates in, we recommend enrollment in the last swim level completed in Summer 2010. This serves as a great refresher after almost one year out of the water.
- Please make sure your child is registered for the correct level. If your child is registered for the incorrect level we cannot guarantee space in other levels.
- If there is an open spot in a class, the waitlist will be contacted first before allowing any other children into the class. We strongly urge you to make sure your child is signed up for the appropriate level.
- Please register your child for only one class during the session to allow others the opportunity to participate in the swim lesson program. Signing up for back to back lessons throughout the day can be very tiresome on your child. **Registration in consecutive classes is not permitted.**

## lesson guidelines

- Please be prepared to present a copy of your receipt on the first day of class to the Pool Supervisor.
- During all swim lessons, please direct all questions regarding registration and swim lessons to the Pool Supervisor.
- If your child advances to a higher swim level, transfers may only be made if: 1.) Space is available in the class/session, 2.) The certificate proving the child passed the lower level is presented.
- All transfers must be made at the Community Center. **Registrations or transfers are not accepted at the pool.**
- If your child does not attend the first day of class, you will be contacted to check whether or not your child will be attending the rest of the session. If your child is no longer able to attend, the waitlist will be contacted to fill the spot.
- Financial Assistance Participants (FAP):** If your child does not attend the first day of class, your child will be automatically withdrawn from the class. The spot will be filled from the waitlist. Please refer to page 2 for more FAP information.

### Need help registering your child(ren) for the correct level?

For information on skills needed to enter or pass a level, please come into the Community Center or visit our website at [www.mountainview.gov](http://www.mountainview.gov), under *Library, Arts, Parks & Rec select Recreation Programs and Services*, click *Aquatics*.

If you need assistance registering your child for the correct level or if you have any questions regarding our swim lesson program please call (650) 903-6405, Monday–Friday from 8:30a.m. – 5:00p.m. If you leave a message, please allow 1-3 business days for an aquatics staff to respond.

Please review the City of Mountain View’s Refund / Withdrawal / Transfer policy on page 24 before registering for any summer classes.

Please read this section first!

## Skills Your Child Should Know In Order To Be In ...

### preschool aquatics

Level 1

Participation should not be determined by age alone. When determining if Preschool Aquatics is appropriate for your child, consider their developmental readiness, maturity, and experience in the water. For some preschool children, Parent & Tot Aquatics may still be appropriate. At this first level, children begin developing good attitudes and safe practices around the water. Children should be comfortable in the water without the assistance of a parent.

### preschool aquatics

Level 2

Children must pass Preschool Aquatics Level 1 to enroll in this level. Children must also be able to complete these assisted skills:

- Enter/exit water.
- Blowing bubbles.
- Submerging mouth, nose and eyes.
- Front & back float/glide and recovery.
- Rolling from front to back and back to front.
- Front crawl, breaststroke, backstroke, elementary arm action.
- Elementary backstroke leg action.
- Combined arm and leg actions on front & on back.
- Exploring water treading actions with arms & legs.

### preschool aquatics

Level 3

Children must pass Preschool Aquatics Level 2 to enroll in this level. They must be able to complete these assisted exit skills:

- Enter/exit water unassisted.
- Blowing bubbles and bobbing.
- Submerging mouth, nose, and eyes.
- Front & back float/glide and recovery.
- Rolling from front to back and back to front.
- Front crawl, breaststroke, backstroke, and elementary backstroke leg action.
- Combined arm and leg actions on front & on back.
- Demonstrates treading water (5 secs).

### learn-to-swim

Level 1

Children are expected to be comfortable in the water and must be able to complete these skills with support:

- Enter/exit water independently.
- Blowing bubbles through mouth and nose.
- Submerging mouth, nose, and eyes.
- Front & back float/glide & recovery.
- Rolling from front to back & back to front.
- Exploring water treading actions with arms & legs.
- Front crawl arm action.
- Breaststroke & backstroke arm action.
- Elementary backstroke arm action.
- Front crawl, breaststroke & backstroke leg action.
- Elementary backstroke leg action.
- Combined arm & leg actions on front & on back.
- Finning arm action on back.

### learn-to-swim

Level 2

Level 2 takes skills learned in Level 1 and builds endurance and strength through repetition. To be in Level 2, children must be able to complete the following skills:

- Enter/exit water.
- Blowing bubbles through mouth & nose & bobbing.
- Front float/glide & recover.
- Back float/glide & recover.
- Rolling from front to back and back to front.
- Exploring water treading actions with arms & legs.
- Front crawl, breaststroke, & backstroke arm action.
- Elementary backstroke arm action.
- Front crawl, breaststroke, backstroke leg action.
- Elementary backstroke leg action.
- Combined arm & leg actions on front & on back.

### learn-to-swim

Level 3

Children must be able to complete the following skills independently:

- Enter/exit water and jumping in safely.
- Bobbing.
- Fully submerging underwater while holding breath.
- Front float, jellyfish float, tuck float and front glide with recovery.
- Back float/glide and recovery.
- Rolling from front to back & back to front.
- Treading water (15 sec)
- Combined arm and left actions on front & on back.
- Finning arm action on back.

### learn-to-swim

Level 4

Children must be able to complete the following skills:

- Enter/exit water & jumping in safely.
- Headfirst entry from sitting & kneeling.
- Bobbing while moving to safety.
- Rotary (side) breathing.
- Survival float & back float.
- Changing body position from vertical to horizontal, and back.
- Treading water (30 sec).
- Pushing off the wall in a streamlined position on front.
- Front crawl, elementary backstroke & scissors kick.

### learn-to-swim

Level 5

Children must be able to complete the following skills:

- Compact & stride jumps.
- Swimming underwater.
- Feetfirst surface dives.
- Survival swimming.
- Front crawl & backstroke open turns.
- Treading water (2 mins) using two different kicks.
- Pushing off the wall in a streamlined position on back.
- Front crawl.
- Elementary backstroke, backstroke, breaststroke, sidestroke, and butterfly.

### learn-to-swim

Level 6

Children must be able to complete the following skills:

- Shallow angle dives.
- Tuck & pike surface dives.
- Front & back flip turns.
- Treading water (5 mins).
- Front crawl.
- Elementary backstroke, backstroke, breaststroke, sidestroke, and butterfly.
- Sculling on back.